



Thank you for participating in Strawberries & Salad Greens Day!

Below are sample announcements to read over the P.A. system at your school to get students and teachers excited for the Strawberries & Salad Greens event on Wednesday, May 29th!

“Do you know what it means when a fruit or vegetable is “in season?” It means that it’s ripe and ready to eat this time of year. What season is it now? Spring! Do you know what local fruits and vegetables are ripe this time of year on nearby farms? Sweet, juicy strawberries, and crisp, cool salad greens! In our lunch next Wednesday we’ll see strawberries and salad greens that are freshly picked from farms nearby, because they are in season right now. You won’t want to miss it!”

“Do you know what it means when a food is “local?” It means that it was grown on a farm near Washington, DC. Believe it or not, there are hundreds of farms just a short drive from our school. Lunch tomorrow is going to feature two local foods – sweet, juicy strawberries and crisp, cool salad greens! Local foods are good for the environment. When we eat foods grown nearby, we don’t waste all that extra energy and gas it takes to get them all the way across the world. They are good for our neighboring farmers who make a living growing food for our community. And local foods taste better, because they are picked on the farm and delivered to us in just a few hours (instead of getting nasty travelling all around the world before they get to our plates). So be sure to try the local strawberries and salad greens in your lunch tomorrow!”

“Did you know what it means to Eat Your Colors? It means eating fruits and vegetables that are all different colors, which helps keep you healthy and strong. What color are strawberries? Red! Red fruits help keep you from getting sick, and protect your body from harmful diseases like cancer. What color is salad? Green! Green foods help improve your vision, help your brain function properly, and some can even help keep your bones strong. Be sure to look out for healthy and delicious strawberries and salad greens in your lunch TODAY!”



The Office of the State Superintendent of Education Presents...

Here are some fun facts to incorporate into more P.A. announcements:

Facts about Strawberries

- Strawberries are the first fruit to ripen in the spring - typically in mid-May to early June.
- Strawberries have a lot of Vitamin C
- Strawberries are actually the same type of plant as a rose - they are in the same family.
- On average, there are 200 tiny seeds on every strawberry.

Facts about Salad Greens

- Salad greens contain Vitamin A, Vitamin K, and Vitamin C. These important vitamins help keep your eyesight strong, among other things!
- Darker greens, like spinach and kale, have more nutrients than lighter greens.
- Can you name some different types of salad greens? Some examples are lettuce, arugula, collard greens, kale, and spinach.